



ART & STRENGTH

WHERE STRENGTH IS AN ART FORM

8019 Belair rd, Suite 12, Baltimore, MD, 21236
410-657-2307 www.ArtAndStrength.com

Personal Training Policies & Procedures

1. Scheduling

Training sessions can be scheduled in advance or on a weekly basis. Training sessions are 1 hour long but the first workout may run longer to allow for assessment and consultation.

2. Canceling/Rescheduling

A 24-hour notice must be given to cancel/reschedule. Trainee's are allowed one (1) emergency cancellation within the 24hr period, and must call/text at least 1-hour before the scheduled time or they will be charged the full price of the session.

3. Rates (personal training):

\$150 for a single session (includes Functional Movement Screen & written corrective exercise program)
\$100 per session with a minimum of a 6 session package
\$85 per session with a minimum of a 12 session package

4. Discounts

10% off to active duty police, fire and military. 20% off for parents purchasing training for their children under 18 years old. 50% off for additional trainees working out at the same time (i.e. "buddy training").

5. Terms

Payments are due before the first session of any program. Individual sessions may be purchased until the discounted package rate is reached, or \$600 can be paid for the first 6 sessions and \$420 for the second 6 sessions. A flat rate of \$85 is maintained after the initial 12 sessions.

6. Expiration and Refunds

Training sessions that are paid for in advance have a 12 month expiration date and are subject to current rates. Refunds for unused sessions are available for 30 days after receipt of payment.

7. Referrals

I appreciate them. And I will give you a free month of training or a 1-on-1 session for anyone you refer that signs up.

The Natural Strength Training Commandments

- I. Thou shalt train for total fitness and health; and do cardiovascular, flexibility, and strength training.
- II. Thou shalt not use steroids or assist anyone in obtaining them.
- III. Thou shalt not seek shortcuts or "performance enhancement" supplements.
- IV. Thou shalt focus on the basic compound strength training movements (multi-joint, not isolation).
- V. Thou shalt strive for progressive resistance without excessive rest between sets.
- VI. Thou shalt train the whole body with equal emphasis on pushing & pulling.
- VII. Thou shalt use good form throughout the fullest (but safe) range of motion possible.
- VIII. Thou shalt not train "body parts" but train the WHOLE BODY two to three times weekly.
- IX. Thou shalt be mentally focused and give 100 percent effort at every training session.
- X. Thou shalt not rely on megahype muscle magazines for training or nutritional advice.

I have read and agree to the above:

Name: _____ **Signature:** _____ **Date:** _____

If the applicant is under 18 years of age:

Name: _____ **Signature:** _____ **Date:** _____